

You can do this.

A little advance planning can make the difference between tragedy and survival.
It all starts with a conversation.



No one likes to think about—let alone talk about—an emergency that could disrupt our daily lives, or worse, do harm to us or our loved ones. Yet this thoughtful consideration is essential to effective emergency planning.

This brochure is intended to provide a starting point to help you make that plan. In it you'll find some basic information, things to think about and things to do. In addition, it contains information about how to access other resources for more details.

So for yourself, your loved ones and your neighbors; make a plan to be safe.

FOR MORE INFORMATION

American Red Cross
Centers for Disease Control
Disaster Help
Federal Emergency Management Agency
U.S. Department of Homeland Security
Humane Society of the United States
(For help with pet preparation)

redcross.org
cdc.gov
disasterhelp.gov
fema.gov
ready.gov
hsus.org/disaster



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Indiana State
Department of Health

www.statehealth.in.gov



Indiana State
Department of Health

Everybody Ready.



Disaster preparedness for individuals and
families.

Start a conversation.



Now is the perfect time. Talking things through can help create a sense of control and reduce stress.

WHAT TO PREPARE FOR

Discuss the types of events that are most likely to happen in your area. Think about the different ways to respond to a natural disaster, terrorist event, or a major public health emergency.

WHOM TO CONTACT

Ask an out-of-state friend or relative to be your “family contact.” Other family members can call this person and identify where they are. Use the form on the next panel as a guide.

WHERE TO MEET

Pick two places to meet:

- Right outside your house in case of a sudden emergency, such as a fire.
- Outside your neighborhood in case you can’t return home. Everyone must know the address and phone number.

WHERE TO STAY

Discuss the possibilities of evacuating the area or “staying put” and sheltering in place. Consider also:

- Developing a plan for children in childcare or school, older adults and other family members who need special assistance.
- Planning for the care of your pets. Shelters generally do not accept animals.

WHAT TO DO

Put together an emergency preparedness kit (see panel at far right for details) and keep it in a safe place in your home.

2 Make a plan.



Gather critical information into one place and share it with your family. It will save precious time for when you need it most.

The following types of information might be helpful in an emergency. Use this as a guide for making your own plan.

PERSONAL INFORMATION

Name _____
Address _____
Phone _____
Cell Phone _____
Birth Date _____

LOCAL CONTACT

Name _____
Relationship _____
Address _____
Phone _____
Cell Phone _____

OUT-OF-STATE CONTACT

Name _____
Relationship _____
Address _____
Phone _____
Cell Phone _____

NEAREST RELATIVE

Name _____
Relationship _____
Address _____
Phone _____
Cell Phone _____

PETS CARED FOR BY

Name _____
Address _____
Phone _____
Cell Phone _____

MEETING PLACES

Outside your home _____
Outside your neighborhood _____

If a disaster should occur, call your out-of-state contact, it is often easier to call long distance.

A specific plan should be created for children in child care or school, older adults, and other immediate family members who need special assistance.

3 Make a kit.



Start simply! Collect these nine essential items to help you shelter-in-place in the event of an emergency.

1 Water



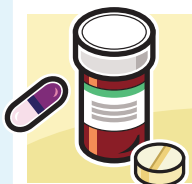
2 Food



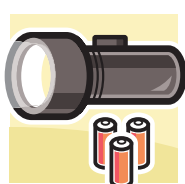
3 Clothes



4 Medications



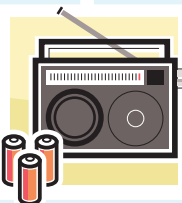
5 Flashlight



6 Can Opener



7 Radio



8 Hygiene Items



9 First Aid



NINE ESSENTIAL ITEMS

- 1 One gallon of water per person per day for three days
- 2 Non-perishable food such as canned or packaged food
- 3 One change of clothes and footwear per person
- 4 Three days' worth of prescription medications (if needed)

- 5 Flashlight and extra batteries
- 6 Manual can opener
- 7 Battery-powered, solar-powered or hand-crank radio
- 8 Hygiene items like soap, toilet paper and a toothbrush
- 9 First aid basics like antiseptic, bandages and non-prescription medicine